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Are There Two Populations of Monarch Butterflies in California?

© California monarchs, CDFW photo

Q: Are there two populations of monarch butterflies in California?

A: The bottom line is that it's unclear, but we continue to track the research, as we are responsible for their conservation and successful migration.

In addition to the declining population of migratory western monarch butterflies, scientists are seeing an increase in resident monarchs that breed year-round. Resident monarchs have been reported in higher numbers in coastal areas from San Diego to the San Francisco Bay Area. Historically, the migratory monarch population overwintered in coastal groves from October to March. During the rest of the year, monarchs migrated and bred throughout states west of the Rocky Mountains. In the past, winter breeding may have occurred at a low level. However, over the past few years it has expanded concurrent with the decline of the migratory population. A 2021 scientific study estimated that there were approximately 12,000 resident monarchs — more than six times the remaining migratory population.

Scientists are currently looking into which factors are influencing the transition to year-round breeding. One hypothesis is that the expansion of non-native tropical milkweed (Asclepias curassavica) in home gardens may induce winter breeding. Climate change could also play a role as warmer winter weather exposes monarchs to temperatures that can cause them to break reproductive diapause early.

It is unclear whether resident monarchs represent a separate population from the migratory population or if there is intermixing. If they are distinct populations, questions remain over whether the resident and migratory populations can persist side by side. Finally, scientists are still trying to determine if the transition to year-round breeding represents a persistent trend or is a short-term adaptation to local conditions.

As a trustee agency, the California Department of Fish and Wildlife (CDFW) is tasked with protecting California's flora and fauna, including terrestrial invertebrates like monarch butterflies for their ecological value and enjoyment by the public. California Fish and Game Code (FGC) section 1021 directs CDFW to "take feasible actions to conserve monarch butterflies and the unique habitats they depend upon for successful migration."

Turkey Hunting Guides

Q: I'm a fairly inexperienced turkey hunter but I'm interested in learning more this fall. Other than word-of-mouth, do you have any suggestions on how (and where) I might find a good guide?

A: Yes! CDFW maintains a list of licensed guides for both hunting and fishing. You can find the list on our website, and sort by services offered, species targeted and/or county, as well as by name or permit number if you're looking for a particular guide. Guided hunts are often worth the investment for new hunters – you're paying for their shared knowledge and experience, and it greatly increases your chances of a successful outing! Good luck!

Lake and Streambed Alteration

Q: My neighbor is dumping dirt in the creek by our home. Is this legal?

A: It might be. California Fish and Game Code (FGC) section 1602(a) requires notification to CDFW of any activity that would substantially alter the bed, bank or channel of a river, stream or lake, or dispose of material where it could enter into a river, stream or lake. Therefore, it would be illegal for your neighbors to alter the creek bed by your home without notifying CDFW. CDFW requires a Lake and Streambed Alteration (LSA) Agreement when a project activity may substantially adversely affect fish and wildlife resources. For more information, please visit CDFW's LSA Program online.

FGC section 5650 outlines prohibitions on water pollution including discharge of any of the following into California waterways:

(1) Any petroleum, acid, coal or oil tar, lampblack, aniline, asphalt, bitumen, or residuary product of petroleum, or carbonaceous material or substance.

(2) Any refuse, liquid or solid, from any refinery, gas house, tannery, distillery, chemical works, mill, or factory of any kind.

(3) Any sawdust, shavings, slabs, or edgings.

CONTINUED ON PAGE 9 →

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← CONTINUED FROM PAGE 7

(4) Any factory refuse, lime, or slag.

(5) Any cocculus indicus.

(6) Any substance or material deleterious to fish, plant life, mammals, or bird life.

If you believe you have witnessed an environmental crime, you should document the incident(s) via CalTip: www.wildlife.ca.gov/Enforcement/CalTIP. Other agencies, including local government entities, the Regional Water Quality Control Board and Army Corps of Engineers, to name a few, may also have legal authority over these activities.

Bag vs. Possession Limit

Q: What's the difference between a bag limit and possession limit? Is the possession limit always double the bag limit?

A: "Bag limit" is defined in California Fish and Game Code (FGC), section 18 as the maximum limit, in number or amount, of birds, mammals, fish, reptiles or amphibians that may lawfully be taken by any one person during a specified period of time. "Possession limit" is defined in FGC, section 19 as the maximum, in number or amount, of birds, mammals, fish, reptiles, or amphibians that may be lawfully possessed by one person.

The answer to your second question is no, the possession limit is not always double the bag limit. Possession limit and bag limit are frequently different, so it's crucial to consult the appropriate regulations for the fish, game or other species you are attempting to take. As an example, during waterfowl season the daily bag limit is seven ducks. The possession limit for ducks is triple the daily bag limit so a hunter can legally possess 21 ducks.

If you have a question you would like to see answered in the California Outdoors Q and A column, email it to CalOutdoors@wildlife.ca.gov. ✦

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The City of Eureka will be accepting applications for this position until 5 p.m. on **Tuesday, October 12th, 2021**. For a complete job description and qualifications or to apply online please visit our website at **www.ci.eureka.ca.gov.** EOE.

Feeling tipsy?

If you have a news tip, story idea or something you'd like to see covered, we'd love to hear from you!

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An Affordable Type of Insurance You May Need but Probably Don't Have

(STATEPOINT) When you start thinking about how to achieve financial security, a few basic things probably come to mind: insurance for your car and home; disability insurance in case you're injured and can't work; life insurance to protect your family in case something happens to you. But there's one important type of financial protection that many people overlook: umbrella insurance.

"We've found that many people don't understand umbrella insurance, or they mistakenly assume that it's something that's needed only by the very wealthy," said Jon Bloom, vice president, personal auto, Erie Insurance. "The truth is that the vast majority of people with other types of insurance would benefit from this added layer of protection, and it's available for a much lower cost than many people assume."

Umbrella insurance provides coverage above and beyond the limits of other insurance policies, such as auto and homeowners. But industry experts say there are some persistent myths that keep many people from getting it.

Myth #1.

My car insurance policy will cover me for anything bad that happens.

Reality: A tragic car accident that causes life-changing injuries could result in the need for care that costs far more than your car insurance policy's

limits, and you could be on the hook to make up the difference.

Myth #2.

My homeowner's policy will pay if someone gets hurt on my property.

Reality: Homeowner's insurance may pay up to the limits of your policy, but similar to a car accident, if someone suffers a catastrophic accident on your property, the costs could exceed your policy limits. Umbrella insurance also protects against lawsuits for other things unrelated to injuries. For example, if you write a social media post that's construed as damaging to someone's reputation, or if you sit on a nonprofit board or coach a youth sports team and someone brings legal action against you. Ask your insurance agent about the wide range of scenarios that may pertain to you.

Myth #3.

I won't get sued – that only happens to people with a lot of money.

Reality: The truth is that in today's litigious society, anyone can be sued, and if you are responsible for someone's injuries that exceed the limits of your other insurance policies, or if you are sued for other reasons, your house and other financial assets could be at risk.

Myth #4.

Umbrella insurance is expensive.

Reality: You might be surprised to learn how much coverage you can buy for a modest cost. For example, Erie Insurance says most of its customers can buy an extra $1 million in coverage for less than $20 a month.

When it comes to protecting your family's financial future, some things are a given, like car, home and life insurance, but it pays to look beyond the obvious. The best thing to do is talk with your insurance agent to make sure you have the right coverages. Chances are you'll decide that umbrella insurance is a coverage you can't afford not to have.

✦

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Final filing date:
Friday, November 26th, 2021. EOE

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Vynca is a fast-paced, fun entrepreneurial environment incredibly passionate about transforming end-of-life care. With the integration of ResolutionCare services, we are actively looking for an individual to support maintenance and upgrades to the Electronic Health Records / Electronic Medical Records (EHR/EMR) systems, offer support and guidance to clinical staff, assist with new employee device needs assessment and procurement, and real-time technical desktop support for systems that support telehealth visits. The individual in this role is responsible for assisting in increasing the use of tele-palliative care through videoconference enablement, company adherence to regulatory requirements for technological use in a health care setting, co-managing and maintaining company electronic assets, tier 1 level troubleshooting common issues experienced by the clinical, and operational team, initial technological assessment of new staff, and user training of devices and systems with staff and patients.

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We are actively looking for social workers to provide person-centered, home-based care for individuals with specialty palliative care needs via telemedicine with the support of an interdisciplinary team.

The ideal candidate has clinical case management experience in hospice or palliative care or a closely related field and effective communication, technology, and time management skills. This is a full time (40 hours per week), permanent position with an excellent benefit package.

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Full-time RN position

Vynca is a fast-paced, fun entrepreneurial environment incredibly passionate about transforming end-of-life care. With the integration of ResolutionCare services, we are actively looking for registered nurses to provide patient-centered, home-based care for individuals with specialty palliative care needs via telemedicine with the support of an interdisciplinary team.

The ideal candidate has clinical case management experience in hospice or palliative care or a closely related field and effective communication, technology, and time management skills. This is a full time (40 hours per week), permanent position with an excellent benefit package. California licensure is required.

For more information regarding the position visit: **https://vyncahealth.com/careers.** To apply, please review our website at **www.resolutioncare.com** and then send a cover letter and resume by e-mail to **info@resolutioncare.com** or fax it to (707) 440-8100. Open until filled. Salary competitive and commensurate with experience.

Fall Tips to Kick Start the Financial Road to College

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(STATEPOINT) Fall kick starts the financial road to college for parents of high school seniors. But if you're like the majority of parents, you both value the importance of a college degree, while harboring anxiety about the price tag.

In a recent College Ave Student Loans parent survey conducted by Barnes & Noble Insights, 85 percent of parents agree that earning a degree is more important than ever. At the same time, most parents surveyed agree that the cost of college is more of a financial burden than in previous years, that the cost is surprisingly high, and find paying to be stressful.

As you begin making your financial plans, consider these tips:

- **Build a smart college list**: Encourage your child to apply to a mix of private and public schools as sometimes merit aid from private universities can make costs comparable to public options. By applying to a variety of schools, you can compare financial aid award packages and identify a school that's not only a good academic and social fit, but a good financial fit as well.
- **Apply for financial aid:** Create a spreadsheet listing financial aid deadlines and requirements, which vary by school and state. You can check with your school's financial aid office to learn what paperwork is needed.

One date to circle in your calendar is Oct. 1. This marks the day you can begin filing the FAFSA (Free Application for Federal Student Aid). Complete the FAFSA this fall and every year your child attends college. Doing so is the key to unlocking scholarships, grants, work-study and federal student loans. This is also the date you can begin filing the CSS Profile, an online application that nearly 400 colleges, universities, professional schools and scholarship programs use to award more than $9 billion in financial aid annually.

- **Look for scholarships:** Have your college-bound student seek out and apply for reputable scholarships. Be sure to read the fine print to understand the terms. One easy one to apply for is the College Ave Student Loans $1,000 monthly scholarship sweepstakes.
- **Review your finances:** The overwhelming majority of parents (97 percent) plan to help pay for their child's college education, according to the College Ave survey. Of those, 62 percent plan to draw from their income and savings to do so. Make time this fall to review your financial resources to determine how much you can contribute without sacrificing your retirement goals. You may need to get creative. For example, 1 out of 10 parents surveyed find extra income from a side hustle.
- **Prep your student:** Many students learn their first money management lessons in college. Give your child the financial know-how needed to hit the ground running. Discuss how to create

and stick to a budget, how to build an emergency savings account, and how to avoid peer pressure when it comes to spending. For example, just because a friend is dining out or traveling frequently, doesn't mean your child has to do the same. Also, discuss how they can contribute to their education costs. Creating financial goals now will help set your child up for financial success.

● **Get savvy:** As you navigate the financial road to college, stay savvy by referencing the free tips, resources, guides and financial expert advice available at collegeavestudentloans.com/blog.

College costs can surprise many families. Don't get caught off guard. To get financially prepared, use the year ahead to explore all your financing options and formulate a plan.

✦

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Applications may be obtained at 675 Wildwood Avenue, **www.cityofriodell.ca.gov** or call **(707) 764-3532.**

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ELC Assistant Cook
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Under the direct supervision of the Nutrition Specialist, the Assistant Cook will provide support in preparing, purchasing, storing, and serving food in accordance with USDA/ California Department of Education Nutrition Guidelines.

Family Services Project Coordinator
Full Time $18.85-$28.68
This position will coordinate grant projects and programs pursuant to approved program and grant objectives. Other functions performed will be grant compliance and coordination of joint activities with program and other designated tribal staff or departments.

Head Start Teacher Assistant
Full Time $15.00-$20.30
Under the general supervision of the Teacher, the Teacher Assistant will provide support through classroom and playground supervision of children, preparation of materials for learning activities, participation and guidance in children's learning activities. Assist in providing a safe and sanitary environment for children, regularly communicate with parents/guardians and maintenance of children and family records.

Human Resources Generalist
Full Time $20.88-$32.01
The Human Resources Generalist position must provide a wide range of support, including possessing the ability to interact with staff and be able to work in a fast paced and sometimes pressured environment, while remaining flexible, proactive, resourceful, and efficient.

www.tolowa-nsn.gov/jobs

Tolowa Dee-ni' Nation is Hiring!

Language Teacher I
Full Time $20.88-$32.01
The language teacher position will meet and/or exceed Tolowa Dee-ni' Nation Teacher Standards and Learner Standards, that promote language stabilization, fluency and usage. The position leads and participates in linguistically diverse settings, meetings, trainings and community-based gatherings.

Self Sufficiency Program Manager
Full Time $53,705-$83,824
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Social Worker I or II
Full Time $20.88-$32.01
The Social Worker II assists Social Worker I with unusual situations that do not have clear precedents or when clarification or interpretations of established policies/ regulations are needed.

Staff Accountant II
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Reduce Your Risk of Falling by Taking These Simple Steps

Physical therapist and patient work on a balance exercise.
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(STATEPOINT) A fall can result in unwanted outcomes, including injury, loss of independence, and a decreased ability to do the things that are most important to you or a loved one.

Each year, 3 million older adults are treated in emergency departments for fall injuries. Even falls that don't lead to injury can provoke a fear of falling that causes you to avoid the activities that keep you healthy, strong, and ultimately less likely to fall. While falls are dangerous, the good news is that experts say they're largely preventable.

"While many factors can contribute to our chances of falling as we get older, falling is not a normal part of aging," says physical therapist and American Physical Therapy Association spokesperson Greg Hartley, PT, DPT. "Working with a physical therapist can empower you or a loved one to regain balance and strength."

The American Physical Therapy Association offers the following tips to help you reduce your risk of falling:

1. Get moving. For older adults, physical activity reduces the risk of falling and fall-related injuries. Stay active to maintain the strength, flexibility, coordination, and balance needed to prevent falls. From swimming to yoga to walking, take part in a variety of physical activities that you enjoy. Talk to your physical therapist to determine which activities are safe for you.

2. Know your risks. A physical therapist can help you assess your risk factors and develop a plan to address them so you can remain independent. Tell your doctor or physical therapist if you have any dizziness, loss of balance, or trouble seeing. Be sure to tell them whether you fell in the last year.

3. Check your medications. Many drugs can cause dizziness, loss of balance, blurry vision, and more. If you have any of these symptoms, review your medications with your pharmacist or doctor.

4. Assess your home's safety. Assess your home to fix or remove anything that could cause trips or slips, such as throw rugs, clutter, poor lighting, and wobbly furniture or handrails. It's also a good idea to install a secure grab bar in the shower and next to the toilet for sturdy support on slippery floors. If you can't make these safety improvements yourself, ask a friend or family member to help. Check with your doctor, physical therapist, or area agency on aging for local programs that offer home safety assessments.

5. Work with a physical therapist. Physical therapy (with exercise) focused

on balance, stability, and the ability to perform common tasks is recommended and can prevent falls, according to the U.S. Preventive Services Task Force. Physical therapists are able to help you avoid a fall in the first place, as they are movement experts who can work with you to assess your fall risk factors and develop a plan to address them. They will advise you on making your home safer, educate you about medical risk factors linked to falls, and design a safe balance training program specific to you.

To learn more about the hands-on care, patient education, and prescribed movement that a physical therapist can provide, visit ChoosePT.com, where you can contact a physical therapist directly for an evaluation. To find a physical therapist in your area, visit ChoosePT.com/FindaPT.

With the right resources and support, you can reduce your risk of a fall and maintain your quality of life. ✦

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Top 5 Birthday Gift Ideas for the Person Who Has Everything

© Ross and Helen Photographers

(STATEPOINT) We all have someone who has more than enough clothes, jewelry, artwork and overall "stuff," that you just don't know where to begin finding a gift they'll need or want. The next time you need to come up with a clever birthday gift idea for them, try one of the following categories:

1. Something they'll use. Nowadays, there's a good chance there's a subscription box filled with items your recipient needs or will always use, from clothes, snacks and razors, to tools, toys and pet supplies.

For example, if your friend picks up wine every time they grocery shop, a subscription to a monthly wine club won't go to waste. In fact, it will probably be an appreciated gift! Many boxes offer flexibility for the red, white, or rosé-all-day person's preferences and include additions each month.

2. Something personalized. If you're in search of creative birthday gift ideas, consider giving a custom gift. This might sound like a pricey approach, but customization can be as simple as sending a fun, personalized ecard. With SmashUps from American Greetings, you can start by selecting a fully customizable video featuring some favorite famous faces, including Dolly Parton, Shaq and Alicia Keys. Next, you can personalize the video with a name and other custom elements, so the celebrity is singing directly to your loved one. Finally, you can instantly share the video with the birthday guy or gal by text or email, or you can let other friends join in on the fun by sharing it on social media too. And because SmashUps is a one-time fee, you can shower relatives or friends with personalized messages that will make them smile all year round.

Custom gifts show true thoughtfulness and can make someone feel extra special on their birthday. Smashups are a fun and lighthearted way to virtually say "happy birthday" to friends, family members and co-workers.

3. Something they've always wanted. Difficult to shop for people often have birthday gift ideas for themselves or items they've always wanted that they'll never buy or request. Maybe it's a high-ticket item or maybe it's something simple that other purchases just get prioritized over. If you know of such an item, consider giving it as a gift! Your friend will feel good receiving a gift from someone who was listening and understands them.

4. Something they didn't know they needed. Sometimes, you can't put your finger on a practical item that you know the person will use and have to use your best judgment. Though it could be as simple as a mug or digital picture frame,

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these are often the best gifts of all, because the people receiving them likely never thought of them either.

5. Something that requires thought. If the person you're shopping for has a lot of "stuff," stop thinking of additional items to give them. Shift your focus and gift them your time or attention. If it's a significant other, plan a special date night on the town or in the house. If it's a parent or grandparent, consider what experiences or events they might appreciate; maybe it's going to a play, watching a movie or taking a trip as a family. Not all gifts have to cost a lot; in fact, some of the best gifts are ones that create memories.

For more clever birthday gift ideas and ways to celebrate, visit: www.americangreetings.com/smashups.

When it comes birthday gifts for those who have everything, don't fret. With a bit of creativity, you can make their day special. ✦

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Still Cooking with Gas or Electric? A Case for Induction Cooking

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(STATEPOINT) The best kitchen updates don't just enhance the beauty of your space. They allow you to simplify your life, make better choices, and improve your relationship with your kitchen. And who knows? They may even make you a better cook! To that end, you may want to consider trading in your gas or electric cooktop for an induction model. If you've been keeping up with the Joneses and haven't considered induction technology, that's not surprising. While popular in Europe, adoption in the United States has been slower.

"Outdated misconceptions about the cost and reliability of induction cooking have prevented many American households from making the switch," says Peter Weedfald, senior vice president of sales and marketing, Sharp Electronics Marketing Company of America. "However, induction technology offers quicker heating and boiling than gas or electric counterparts, more precise temperature control, easier cleanup, enhanced safety, and key eco-friendly perks."

To help demystify induction cooking, Weedfald is offering some insights into how the technology works and how it can benefit your kitchen:

- **Magnetic technology:** Induction cooking skips the need to heat a burner, increasing the overall heating efficiency. Instead, it automatically detects when magnetic cookware is placed on the cooking zone. An electromagnetic field located below the cooktop transfers current (heat) directly to the cookware. The good news? You probably already own magnetic cookware. Many stainless steel, enamel-coated iron, and cast-iron pots and pans are magnetic, and some manufacturers have added steel or iron plates to the bottom of ceramic, copper, aluminum, and other pans. If you put a magnet to the bottom of your cookware and it sticks, it's magnetic and will work on induction. Concerned that one of your faithful pans won't work? You can purchase an induction transfer plate, which is a simple steel disk that transfers heat to your non-magnetic cookware.
- **Precise cooking:** Some induction cooktops offer a wide range of temperature settings from low to high, as well as timers, for super-precise heating and overall faster boiling.

NCJ FLASH FICTION 2021

Well, that went by fast. It's already time again for the annual *North Coast Journal* Flash Fiction Contest, so get typing. Make your original stories **99 words or fewer** (like this announcement), not including the title, for a chance to see your work of genius and brevity in the *Journal*. **Email up to three entries as attachments or in the body of your email** (no PDFs, please) **to fiction@northcoastjournal.com with your full name and contact information** (sorry, we don't do pen names) **by 5 p.m. on Monday, Nov. 8**. The judges' favorites will be published in December. Don't procrastinate.

• **Eco-friendly design:** Induction cooking can help you reduce your carbon footprint at home. With induction, up to 90 percent of the energy consumed is transferred to food, compared to approximately 74 percent for traditional electric systems and 40 percent for gas, according to the Electric Power Research Institute.

• **Cleaner indoor air:** A study conducted for Southern California by the Environmental Health Perspectives found that residential natural gas cooking burners can emit air pollutants, including nitrogen dioxide, carbon monoxide, and formaldehyde. Unlike gas stoves, induction cooktops don't release the airborne pollutants associated with burning natural gas.

• **Safety first:** Induction cooking carries less risk of burns and fires. Only the area the cookware occupies is transferring heat, not the surrounding area. Plus, the cooking zone stays cool even when turned on and is only activated when magnetic cookware is placed on top of it.

• **Sleek design:** Induction cooktops have a sleek glass-ceramic surface that not only looks great in any style kitchen but makes cleanup as simple as wiping down the surface.

• **Cost:** Upgrading to an induction cooktop was once expensive. But like with most innovations, not only has the technology substantially improved over time, the prices have dropped. For example, the 30-inch option from Sharp Appliances is commonly sold at just above $1,000.

To learn more about induction technology and smart home appliances, visit sharpusa.com.

Whether it's time to replace your cooktop or you simply want to try something new, consider induction technology for an overall improved kitchen experience. ✦

Culinary.net

A Traditional Breakfast with a Twist

(CULINARY.NET) The same bowl of cereal can get boring after eating it for breakfast day in and day out. You may find yourself looking for something new and exciting to start your whole family's morning off on the right foot.

Kids can be picky when it comes to breakfast foods, but this recipe for Sausage Fresh Toast Roll-Ups is a quick and easy way to fill their bellies with a taste of several flavors they may already love. It's a perfect way to fill your morning with joy, no matter if the hours ahead are filled with work, school or play.

A sizzling sausage link wrapped with French toast, it combines a favorite breakfast protein and traditional deliciousness in one little roll. Drizzled with warm maple syrup at the end, even adults can't help but indulge in these breakfast bites.

This is a quick dish too, using few kitchen utensils, which makes for more time in the morning to enjoy the little things that matter most like moments with family before rushing out the door. This recipe can also be made when your family is craving breakfast for dinner.

Find more breakfast recipes at www.Culinary.net.

If you made this recipe at home, use #MyCulinaryConnection on your favorite social network to share your work.

Sausage French Toast Roll-Ups

Servings: 12

12 sausage links
2 eggs
2/3 cup milk
3 teaspoons almond extract
1/2 teaspoon ground cinnamon
6 bread slices, crust removed, cut in half
3 tablespoons butter
syrup

In skillet, cook sausage links according to package directions. Set aside.

In medium bowl, whisk eggs, milk, almond extract and cinnamon.

Dip bread slice in egg mixture. Wrap bread slice around cooked sausage link, pressing seam to keep from unrolling. Repeat with remaining bread slices and sausage links.

In large skillet over medium-high heat, melt butter. Place roll-ups in skillet, seam-side down, and cook until all sides are browned, approximately 10 minutes.

Drizzle with syrup. ✦

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Keep Gardening After the First Fall Frost

by Melinda Myers

THERE IS NOTHING worse than frost in the forecast and a garden full of vegetables not quite ready for picking. Use some simple strategies to extend the growing season and keep enjoying garden-fresh vegetables.

Fortunately, some vegetables like cabbage, broccoli, cauliflower, kale, and Brussels sprouts tolerate frost and even taste better after a slight chill. Most of these can tolerate temperatures as low as 24 to 28˚ F.

Leeks are another vegetable that thrive in cooler temperatures. Many tolerate temperatures as low as 20˚ F. Just mound some protective mulch around the plants and continue harvesting. Leave some of your carrots, turnips, and parsnips in the ground for winter. Just cover the soil with straw or evergreen boughs after it lightly freezes. Dig as needed or during a winter thaw. You will enjoy their wonderfully sweet flavor.

Protect frost-sensitive plants with old bed sheets and even mattress pads. Cover the plants in late afternoon and remove them as soon as the temperatures climb above freezing. Keep them handy and be ready to cover whenever frost is in the forecast.

Make it easier by using all-purpose garden fabric row covers. This spun material allows air, light, and water through while protecting the plants from frost. Loosely cover the plants and anchor the edges with stones, boards, or garden pins. You only need to remove the fabric to harvest ripe vegetables. Otherwise, it can stay in place until the vegetables stop producing or you decide it is time to end the season.

Create a high tunnel over garden beds filled with large plants. Use hoops and row covers to allow easy access for harvesting while protecting the plants. Systems like Maxi Garden Hoops stand seven feet tall and five feet wide when installed. Simply cover the set of three hoops with row cover fabric.

Cloches have long been used to jump start the season or extend it beyond the first fall frost. You will find a variety of shapes and sizes available. Select one large enough to cover your plants and protect them as needed. Look for those with vents to prevent plants from overheating and ones like the cool weather row cloches (gardeners.com) that allow water through while trapping in the heat.

High tunnel systems with hoops and row covers work well on garden beds filled with large plants, allowing easy access for harvesting while protecting the plants. *Photo courtesy of Gardener's Supply Company*

Don't let unripe tomatoes go to waste if you are unable or unwilling to protect them from frost. Harvest any that are starting to show color before the killing frost and finish ripening them indoors. The bottom of the tomato should be greenish white or starting to color up. Store your green tomatoes in a cool (60 to 65 degrees) location to extend their storage life.

Spread the tomatoes out on heavy paper or wrap them individually in newspaper so the fruit do not touch. They will ripen over the next few weeks. Speed up the process by moving a few tomatoes to a warm, bright location a few days before they are needed. Enjoy green tomatoes fried, in relish, salsa, pies or one of many more ways.

And when the season finally ends for you, start planning for next year. Many of these same strategies can be used to jump start the season for an earlier harvest. ✦

Melinda Myers is the author of more than 20 gardening books, including Small Space Gardening. She hosts The Great Courses "How to Grow Anything" DVD series and the Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardener's Supply for her expertise to write this article. Her web site is www.MelindaMyers.com.

Why Women's Feet Hurt More in Autumn and What You Can Do About It

Photo © visoook / iStock via Getty Images Plus

(STATEPOINT) As the weather cools and women switch from open to closed shoe styles, the transition can be painful.

According to Dr. Thanh Dinh, DPM, FACFAS, a foot and ankle surgeon and president of the American College of Foot and Ankle Surgeons (ACFAS) two of the most common types of pain women feel in their feet in autumn come from bunions and hammertoes.

The ACFAS offers the following insights into treating these conditions and easing associated pain:

Understanding Bunions

A common myth is that tight-fitting or narrow shoes cause bunions. The truth is, bunions are genetic. However, symptoms occur most often when wearing high heels or other styles that crowd the toes.

"A bunion is a change in the bony framework of the front part of the foot and is most often caused by an inherited faulty mechanical structure of the foot," Dr. Dinh explains. "When the big toe leans towards the second toe, rather than pointing straight ahead, it throws the bones out of alignment and produces the all-too-familiar, bunion bump."

Pain from bunions most often occurs along the side of the foot near the big toe. Women sometimes describe it as a throbbing that continues even after taking off their shoes and putting up their feet. The site of the bunion can also be inflamed or red and can feel numb or have a burning sensation.

Demystifying Hammertoes

"A hammertoe is a 'bending' or contracture deformity of one or both joints of a toe," Dr. Dinh says. "The abnormal bending puts pressure on the toe when wearing shoes and causes problems to develop -- which can start mildly and worsen over time."

Women with hammertoes can experience pain or irritation of the affected toe when wearing shoes. Corns and calluses (a buildup of skin) on the toe, between the toes or on the ball of the foot can occur from the constant friction against the shoes with hammertoes. Inflammation, redness or a burning sensation are also possible and in severe cases, open sores may form.

Next Steps

Proper shoe selection and conservative treatments can go a long way in managing pain from bunions and hammertoes. Foot and ankle surgeons recommend avoiding high-heeled shoes and styles that crowd the toes together, as well as using padding and taking anti-inflammatory medication.

While these techniques address pain, they don't generally stop bunions or hammertoes from getting worse. Surgery is commonly performed by foot and ankle surgeons to both correct the deformities and alleviate pain. Those who suffer from both ailments can have surgery to correct the foot deformities at the same time.

"Recovery time varies based on the procedures performed, the advancement of the deformities, the number of toes involved, age and other factors, but the success rates for the surgeries are encouraging," says Dr. Dinh. "Plus, the advanced procedures foot and ankle surgeons perform today to fix bunion deformities reduce the likelihood of a recurrence," she adds.

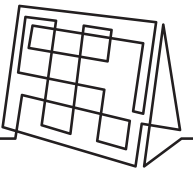
Experiencing increased foot pain? Make an appointment with a foot and ankle surgeon to see how they can help alleviate pain. Visit FootHealthFacts.org to access the Find an ACFAS Physician Tool.

While everyone loves fall fashions, certain shoe styles for women can exacerbate painful foot conditions. Taking steps to manage these conditions can make for a pain-free autumn and beyond.

✦

Calendar

Oct. 5 - Oct. 19, 2021



Virtual World

ARTS & CULTURE

Equity Arcata's Community Book Club. Third Monday of every month, 4-6 p.m. Virtual World, Online. Alia Dunphy and Meridith Oram discuss Adrienne Marie Brown's book, *Emergent Strategy: Shaping Change, Changing Worlds*. On Zoom. Register online. www.equityarcata.com.

On the Same Page Book Club. Wednesdays, 5:30 p.m. Virtual World, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at www.forms.gle/bAsjdQ7hKGqEgJKj7.

Powerful Parenting in Practice w/ Kat Kabick. Fri., Oct. 8, 4 p.m. Virtual World, Online. A discussion of parenting's impact on future generations. Part of Humboldt County Transition-Age Youth Collaboration Youth Advisory Board's first virtual wellness series. RSVP by email or phone at least two days prior to attend and get a care package and supplies delivered. Free. staff@hctayc.org. 707-298-5190 or 707-298-5184.

Reading in Place - An Online Reading Group. Saturdays, 1 p.m. Virtual World, Online. Sign up online for a Zoom meeting invite and the week's reading for discussion. www.forms.gle/zKymPvcDFDG7BJEP9.

Shelter n Play. Fridays, 6 p.m. Virtual World, Online. Public group on Facebook made up of locals. Open mic for all skill levels, all styles, everyone's welcome to watch or perform. Sign-ups Wednesdays at noon. www.facebook.com/groups/224856781967115.

The Writers Lounge via Zoom. Thursdays, 7:30 p.m. Virtual World, Online. A writing workshop geared toward stand-up and comedy. Zoom Room: 857 4217 6054. Password: writers. Join Zoom Meeting www.us02web.zoom.us/j/85742176054?pwd=dWp4UGVqaUVYQ0wzekVnZkZoVlMzZz09.

LIFESTYLE & COMMUNITY

Community Housing Sessions. Tue., Oct. 5, 6 p.m. and Tue., Oct. 12, 6 p.m. Virtual World, Online. Participate in an open dialogue on housing needs, issues and vision for the future of housing in Humboldt County, perspectives about housing opportunities, challenges, solutions and more. Via Zoom. Join at www.us02web.zoom.us/j/82323649248.

English Express: An English Language Class for Adults. Ongoing. Virtual World, Online. This class offers pronunciation, speaking, reading, writing, vocabulary, verb conjugations and common expressions. All levels welcome. Join anytime. Free. www.englishexpressempowered.com.

Ham Radio Technician License Class. Mondays. Virtual World, Online. The Humboldt Amateur Radio Club prepares students for the Amateur Radio Technician Class license examination. Via Zoom and in-person at the Humboldt Bay Fire Training room at 3030 L St. in Eureka. Call or email to reserve a seat. Free. ke6hec@arrl.net. www.humboldt-arc.org. 707-834-0042.

Live from Behind the Redwood Curtain. Ongoing, 3-3:30 p.m. Virtual World, Online. California State Parks' North Coast Redwoods District is broadcasting programs featuring tall trees and rugged seas from state parks via Facebook. Free. www.facebook.com/NorthCoastRedwoods.

MARZ Project. Tuesdays-Fridays, 12-5 p.m. Virtual World, Online. Humboldt and Del Norte county youth ages 12 to 26 learn to express themselves creatively in visual art, audio and video production. All MARZ students have free access to equipment, software and training. Meets via Zoom by appointment. Free. marzproject@inkpeople.org. 442-8413.

NRLT Boots and Birkenstocks. 5 p.m. Virtual World, Online. Northcoast Regional Land Trust's annual celebration with a week-long online auction and a new mini-documentary about its largest conservation easement, the Hunter Ranch. www.ncrlt.org/AC2021. 822-2242.

Pumpkin Carving Contest. Virtual World, Online. Voting for the contest runs from Oct. 15 to Oct. 30. Winners will be chosen by the number of "likes" their image receives on Clarke Museum Facebook page. Winners will be announced on Oct. 31. $5-$15 per entry suggested donation. dana.f@clarkemuseum.org. www.clarkemuseum.org/events.html. 707-443-1947.

Sistahood. Saturdays, 9:30-11 a.m. Virtual World, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors from 10:45 a.m.

Ujima Parent Peer Support. Thursdays, 6:30-7:30 p.m. Virtual World, Online. For BIPOC families. See www.facebook.com/HC-Black-Music-Arts-Association-104727504645663 for more information. hcblackmusicnarts@gmail.com.

Uncovering the Hidden World of a Secretive Seabird. Fri., Oct. 8, 7-8 p.m. Virtual World, Online. Join Jennifer Guerrero, the program manager for the Oregon Marbled Murrelet Project with Oregon State University, for a presentation about the endangered seabird and challenges for addressing conservation and land management for this species. Zoom presentation link online. Free. www.rras.org/home.aspx.

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Virtual Junior Rangers. Thursdays, 11:30 a.m. Virtual World, Online. North Coast Redwoods District of California State Parks offers kids' programs and activities about coast redwoods, marine protected areas and more, plus Junior Ranger badges. Register online and watch live. www.bit.ly/NCRDVirtualJuniorRanger.

Volunteer Orientation Food for People. Mondays, 3:30-4:30 p.m. and Thursdays, 3-4 p.m. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free/. volunteer@foodforpeople.org. www.foodforpeople.org/volunteering. 445-3166 x310.

Women Owned Business Certifications Webinar. Thu., Oct. 14, 10-11 a.m. Virtual World, Online. Learn about the main certifications available to women-owned small businesses. Free. info@norcalptac.org. www.eventbrite.com/e/certifications-overview-for-women-owned-businesses-registration-173040608117. 707-267-7561.

Curry County

ARTS & CULTURE

Bram Stoker's *Dracula*. Fridays, Saturdays, 7:30 p.m. and Sundays, 2 p.m. Chetco Pelican Players, 1240 Chetco Ave. Hwy 101, Brookings. A retelling of the classic tale adapted for the stage by local playwright, Jayden Cornett. Based on the novel by Bram Stoker, this production tells the story of Count Dracula, a powerful and embittered vampire whose unquenchable thirst casts a shadow of terror and destruction upon all those who stand in his way. For reservations, call 541-661-4237. $12, $6 students.

Outdoor Movie: ***Goosebumps***. Sat., Oct. 16, 7:45 p.m. Curry County Public Library, 94341 Third St., Gold Beach. Please bring lawn chairs, blankets, jackets, pillows or watch from the comfort of your car. Concessions by donations and restrooms available in the lobby of the library. In the event of rain, this movie will be rescheduled. Free. 541-247-7246.

Outdoor Movie: ***Harry Potter and the Sorcerer's Stone***. Sat., Oct. 9, 7 p.m. Curry County Public Library, 94341 Third St., Gold Beach. Please bring lawn chairs, blankets, jackets, pillows or watch from the comfort of your car. Concessions by donations and restrooms available in the lobby of the library. In the event of rain, this movie will be canceled. Free. 541-247-7246.

LIFESTYLE & COMMUNITY

Brookings-Harbor Farmers Market. Wednesdays, 10 a.m.-3 p.m. and Saturdays, 10 a.m.-3 p.m. Brookings-Harbor Farmers Market, 15786 U.S. Highway 101, South Brookings. Produce, artisan foods, baked goods, grass-fed beef, crafts and more. Look for the big white tents. Open year-round, rain or shine.

Knights of Columbus Breakfast. Second Sunday of every month, 8-10:30 a.m. Star of the Sea Catholic Church, 820 Old County Rd., Brookings. Every second Sunday of the month. $8.

Del Norte County

ARTS & CULTURE

Curtis Salgado. Sat., Oct. 9, 7 p.m. Tolowa Event Center, 350 N Indian Road, Smith River. Legendary blues, R&B and soul singer. Current health and safety precautions in place. Get tickets at www.dnaca.eventbrite.com. $15-$20. visitdelnortecounty.com/venue/tolowa-event-center/.

LIFESTYLE & COMMUNITY

Ocean Air Farms Farm Stand. Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road, Crescent City. Roadside farm stand offering home-grown organic veggies and produce.

Humboldt County

ARTS & CULTURE

Arts! Arcata. Second Friday-Sunday of every month. Arcata Plaza, Ninth and G streets. Art, music and more art in downtown Arcata, surrounding area and online. Due to COVID-19, there is no gathering. Keep safe distances, wear facial coverings and observe guidelines in each location. View art during regular business hours. Free. arcatamainstreet@gmail.com. www.arcatamainstreet.com. 707-822-4500.

Art Hike Adventure Tour: Victorian Village. Fridays, 9 a.m. Ferndale Main Street, Ferndale. Join Margaret Kellermann on a walking art workshop through Ferndale with some history and architecture. All levels of artists, ages 10-17 must be accompanied by adult. Tickets online. $40. www.ferndalemusiccompany.com/classes-and-workshops/art-hike-adventure-tour-victorian-village. 707-786-7030.

Dances of Brazil. Thursdays, 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocío Cristal and María Vanderhorst. All levels. Limited to five people. Register online. $15. talavera.rocio@gmail.com.

Grateful Shred. Tue., Oct. 5, 7 p.m. Arcata Theatre Lounge, 1036 G St. Grateful Dead cover band. All ages. www.arcatatheatre.com.

Music in the Garden. Third Sunday of every month, 1-3 p.m. Humboldt Botanical Garden, 7351 Tompkins Hill Road, College of the Redwoods campus, north entrance, Eureka. Enjoy live music on the first and third Sundays of the month June through October. www.hbgf.org.

Pimps of Joytime. Sun., Oct. 10, 8:30 p.m. Arcata Theatre Lounge, 1036 G St. Soul, funk, Afrobeat. 21 and up. $15-$23. www.arcatatheatre.com.

Savage Henry Comedy Festival. Oct. 7-9. City of Eureka, Humboldt County. Comedians from all over the country perform at multiple venues in Eureka for the 10th annual festival. www.facebook.com/savagehenrymagazine.

Wine and Jazz at The Graves--CANCELED. Third Sunday of every month, 3-5 p.m. Morris Graves Museum of Art, 636 F

St., Eureka. A monthly performance series. After each performance, audience members are invited to bring their instrument and jam with the band. Wine available for purchase, tickets included with regular museum admission. $5 adults, $2 students/seniors/military, free to members/children and families with an EBT card. alex@humboldtarts.org. www.humboldtarts.org/wine-and-jazz. 442-0278.

LIFESTYLE & COMMUNITY

Arcata Marsh Tour. Sat., Oct. 16, 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet leader Sharon Levy in front of the Interpretive Center on South G Street for a 90-minute walk focusing on Marsh history, wastewater treatment and/or birds. Bring a mask to comply with current COVID rules. Free. 826-2359. Sat., Oct. 9, 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S.

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NCJ FLASH FICTION 2021

Well, that went by fast. It's already time again for the annual *North Coast Journal* Flash Fiction Contest, so get typing. Make your original stories **99 words or fewer** (like this announcement), not including the title, for a chance to see your work of genius and brevity in the *Journal*. **Email up to three entries as attachments or in the body of your email** (no PDFs, please) **to fiction@northcoastjournal.com with your full name and contact information** (sorry, we don't do pen names) **by 5 p.m. on Monday, Nov. 8**. The judges' favorites will be published in December. Don't procrastinate.

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Calendar

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G St. Meet leader Paul Johnson in front of the Interpretive Center on South G Street for a 90-minute walk focusing on plants, Marsh ecology and "tiny creatures that are often overlooked." Bring a mask to comply with current COVID rules. Free. 707-826-2359.

Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Gary Friedrichsen at the end of South I Street (Klopp Lake) in Arcata. Bring your binoculars. COVID-19 participation guidelines online. RSVP by text or email with the walk date and name, email and phone number for each participant Free. thebook@reninet.com. www.rras.org/home.aspx. 707-499-1247.

Arcata Plaza Farmers Market. Saturdays, 9 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Every Saturday Humboldt County farmers bring their non-GMO bounty, rain or shine. EBT accepted and Market Match is offered. Information and COVID rules online. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 707-441-9999.

Audubon Guided Bird Walk. Sat., Oct. 9, 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Jude Power at the end of South I Street (Klopp Lake) in Arcata. Bring your binoculars. COVID-19 participation guidelines online. RSVP by text or email with the walk date and name, email and phone number for each participant. Free. thebook@reninet.com. www.rras.org/home.aspx. 707-499-1247. Sat., Oct. 16, 8:30-11 a.m.

Audubon Guided Bird Walk. Sun., Oct. 10, 9-11 a.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Guided, leisurely two- to three-hour birding tour with leader Ralph Bucher. Beginners welcome. COVID-19 participation guidelines online. Text or email with the walk date and name, email and phone for each participant. Free. thebook@reninet.com. www.rras.org/home.aspx. 707-499-1247.

Bayside Fall Makers Fair. Sat., Oct. 9, 11 a.m.-5 p.m. and Sun., Oct. 10, 10 a.m.-4 p.m. Kokte Ranch & Nature Preserve, 2182 Old Arcata Road, Bayside. More than 60 local artisans at outdoor locations in Bayside selling jewelry, fiber, woodwork, metalwork, painting, printmaking, ceramics, glass, illustration, food products, body and wellness products, and more. Visit Caudal Fin Farm or hike the trail along Jacoby Creek. Masks required. baysidecommunityhall@gmail.com. baysidecommunityhall.org. 707-599-3192.

Bayside Fall Makers Fair at Redwood Roots Farm. Sat., Oct. 9, 11 a.m.-5 p.m. and Sun., Oct. 10, 10 a.m.-4 p.m. Redwood Roots Farm, 45 Fellowship Way (off Jacoby Creek Road), Bayside. More than 60 local artisans at outdoor locations in Bayside selling jewelry, fiber, woodwork, metalwork, painting, printmaking, ceramics, glass, illustration, food products, body and wellness products, and more. Browse at the farm or hike the trail to Jacoby Creek. Masks required. baysidecommunityhall@gmail.com. baysidecommunityhall.org. 707-599-3192.

Boots and Birkenstocks. Sat., Oct. 9, 5 p.m. Fortuna River Lodge, 1800 Riverwalk Drive. Northcoast Regional Land Trust's annual fundraising celebration. Dinner and live and silent auctions. Tickets online. www.ncrlt.org.

Dune Restoration Work Days. Second Saturday of every month, 10 a.m.-1 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Help restore the dune ecosystem of the Humboldt Coastal Nature Center by removing invasive plants. Training in plant identification and removal provided. COVID-19 safety practices in place. Wear masks while gathered and practice social distancing. Free. dante@friendsofthedunes.org. friendsofthedunes.org/dertdays. 707-444-1397.

Earthly Edibles Pumpkin Patch. Tuesdays-Fridays, 1-6 p.m. and Saturdays, Sundays, 10 a.m.-6 p.m. Earthly Edibles Farm, Riverside Road, Korbel, Blue Lake. Organic pumpkins and farm stand.

Eureka Waterfront Birding Tour. Sun., Oct. 17, 9-11 a.m. Eureka Waterfront, Foot of Del Norte Street. Redwood Region Audubon Society's guided tour with leader Ralph Bucher. COVID-19 participation guidelines. RSVP by text or email with the walk date and name, email and phone number for each participant. Free. thebook@reninet.com. www.rras.org/home.aspx. 707-499-1247.

Fire Relief Donation Drive. Thursdays, 2-5 p.m. Arcata Veterans Hall, 1425 J St. Updated list of needs and a monetary donation site online. legionprograms@gmail.com. www.battlenhomefronts.org. 707-610-6619.

Fortuna Farmers Market. Tuesdays, 3-6 p.m. Fortuna Main Street, Main Street. Locally grown fruits, veggies and garden plants, plus arts and crafts. Free. www.northcoastgrowersassociation.org. 707-441-9999.

Fortuna Pumpkin Patch. Sat., Oct. 9, 11 a.m.-4 p.m. and Sun., Oct. 10, 11 a.m.-4 p.m. Table Bluff Farm's Pumpkin Patch, 1813 Eel River Drive, Fortuna. Jack-o-Lantern pumpkins, specialty pumpkins for baking, soups and pies. Pumpkin the kunekune pig will be there for pets and photos. Family photos in patch available. Masks required. Free admission, pumpkins by the pound. info@tablebluffarm.com. fb.me/e/4DHddnp1P. 707-890-6699.

Free Produce Market. Tue., Oct. 12, 10:30 a.m.-noon. Garberville Presbyterian Church, 437 Maple Lane. Fresh fruits and vegetables for income-eligible people. Bring your own reusable bags. Please wear a mask and observe 6-foot social distancing. Information on qualifying online. Free. www.foodforpeople.org.

Free Produce Market. Tue., Oct. 12, 11:30-12:30 a.m. Fortuna Community Services, 2331 Rohnerville Road. Fresh fruits and vegetables for income-eligible

people. A drive-thru and walk-up event. Walk-ups enter from David Way. Bring your own reusable bags, wear a mask and observe 6-foot social distancing. Eligibility information online. www.foodforpeople.org.

Free Produce Market. Tue., Oct. 12, 12:30-1:30 p.m. Redway Baptist Church, 553 Redway Drive. Food for People's food distribution for those in need. This is a drive-thru and walk-up event. Cars enter from Empire Drive. Participants must wear face masks and maintain 6-foot social distancing. Free. www.foodforpeople.org.

Friday Night Market--POSTPONED. Fridays, 5:30-8:30 p.m. Madaket Plaza, Foot of C Street, Eureka. Postponed due to the steep rise in cases and hospitalizations associated with the Delta variant in Humboldt County.

Habitat Improvement Team Volunteer Workday. Sat., Oct. 9, 9 a.m.-noon.

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MY NAME IS MALPKA
Cattle Dog. Young Male Medium.

MY NAME IS MALAKAI
Domestic Short Hair.
Adult Male Large.

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Calendar

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Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Help restore habitat by removing invasive, non-native plants and maintaining native plant areas. Bring drinking water, a facial mask and gloves. Wear long pants, long sleeves and closed-toe shoes. We will provide tools and snacks and a beautiful place to work. 0. www.fws.gov/refuge/humboldt_bay/. 707-733-5406.

Henderson Center Farmers Market. Thursdays, 10 a.m.-1 p.m. Henderson Center, Henderson near F Street, Eureka. Fresh local produce, straight from the farmer. Live music every week. www.northcoastgrowersassociation.org/. 707-441-9999.

Huddie's Harvest Pumpkin Patch. Wednesdays-Sundays, 10 a.m.-6 p.m. Huddie's Harvest, 3364 Foster Ave., Arcata. Pumpkin patch, corn maze, farm stand.

Luna Farm Pumpkin Patch. Sat., Oct. 9, 11 a.m.-5 p.m., Sun., Oct. 10, 11 a.m.-5 p.m., Sat., Oct. 16, 11 a.m.-5 p.m. and Sun., Oct. 17, 11 a.m.-5 p.m. Luna Farm, 3345 Dyerville Loop Road, Redcrest. Festivities also include a farm stand with Luna Farm organic fruits and vegetables, seasonal food and sweet treats for sale, and a photo booth.

Miranda Farmers Market. Mondays, 2-6 p.m. Miranda Market, 6685 Avenue of the Giants. Featuring local farmers and crafters. Non-GMO produce. EBT accepted and Market Match is offered. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 707-441-9999.

Old Town Farmers Market. Tuesdays, 10 a.m.-1 p.m. Old Town, F Street between First and Third streets, Eureka. GMO-free produce, humanely raised meats, pastured eggs, plant starts and more. Live music weekly and CalFresh EBT cards accepted. Free. www.northcoastgrowersassociation.org.

Organic Matters Pumpkin Patch. Organic Matters Ranch, 6821 Myrtle Ave., Eureka. Open weekdays Noon-6 p.m. and weekends 10 a.m.-6 p.m.

Run in the Redwood (Virtual) 5K. Oct. 2-9. Prairie Creek Redwoods State Park. Register online to support Redwood Parks Conservancy. Runners and walkers can complete their 5K at Prairie Creek Redwoods State Park during "run week" or anywhere they choose. Registered runners receive a custom T-shirt, bib and finisher ribbon. www.redwoodparksconservancy.org/RITR.

Seabirding Adventure by Kayak. Sun., Oct. 10, 9 a.m.-noon. Trinidad, Downtown. Join Redwood Region Audubon Society in partnership with Kayak Trinidad and pro guides to view marbled murrelets, pigeon guillemots, common murres, black oystercatchers and more. Kayaks and gear provided. Email reservations required. $99. andrew.rras@gmail.com. www.rras.org/home.aspx.

Shelter Cove Farmers Market. Tuesdays, 11 a.m.-3 p.m. Mario's Marina Bar, 533 Machi Road, Shelter Cove. This sea town's farmers market provides fresh, non-GMO produce and locally made crafts. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 707-441-9999.

The Pumpkin Patch at Mad River Road. Tuesdays-Fridays, 1-6 p.m. and Saturdays, Sundays, 10 a.m.-6 p.m. The Pumpkin Patch at Mad River Road, 1171 Mad River Rd, Arcata. Six acres of pumpkins and some corn at the Pifferini Ranch — a community tradition for over 30 years.

Trivia Night. Every other Wednesday, 6-8 p.m. The Madrone Taphouse, 421 Third St., Eureka. Reel Genius Trivia hosts. Free. www.reelgeniustrivia.com.

NIGHTLIFE

Sunday Open Mic. Sundays, 9 p.m. Savage Henry Comedy Club, 415 Fifth St., Eureka. Hosted by Eric Fitzgerald.

su | do | ku

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Easy #7

4				8				9
	7		3		2		5	
		8		1		2		
	9		8	6	1		7	
		5				1		
	4		7	3	5		6	
		3		9		7		
	8		6		3		9	
9				5				3

www.sudoku.com

No cover. www.savagehenrymagazine.com.

Trinity County

LIFESTYLE & COMMUNITY

Weaverville Farmers Market. Wednesdays, 4-7 p.m. The Highland Art Center, 691 Main Street, Weaverville. Fresh fruit and veggies. In the Highland Art Center meadow. www.highlandart-center.org.

Mendocino County

ARTS & CULTURE

The Car Bombing of Judi Bari: A Community Remembers. Saturdays. Mendocino County Museum, 400 East Commercial St., Willits. The Mendocino County Museum will exhibit artifacts from its permanent collection and the private collection of Darryl Cherney that document the life of renowned activist Judi Bari. www.mendocinocounty.org/museum.

LIFESTYLE & COMMUNITY

Historic Walking Tours of Mendocino. Saturdays, Sundays. Guest House Museum, 343 N Main St., Fort Bragg. Join local history experts on a two-hour walk through Mendocino's famous Historic District. Book via email. Face coverings required. Well-behaved dogs allowed but must remain outside at some stops. $50 for up to four people, $75 for party of six. tours@KelleyHouseMuseum.org.

Ukiah Farmers Market. Saturdays, 9 a.m.-noon. Alex Thomas Plaza, School and Clay streets, Ukiah.

Lake County

LIFESTYLE & COMMUNITY

Lakeport Farmers Market. Saturdays, 10 a.m.-1 p.m. Lake County Fairgrounds, 401 Martin St., Lakeport. Rain or shine.

Oktoberfest 2021. Sat., Oct. 9, 11 a.m.-10 p.m. Running Creek Casino, 635 State Hwy 20, Upper Lake. Authentic German food and beer. Live music all day with contests, raffles, prizes and Free Play. All ages welcome. No cover charge. ✦

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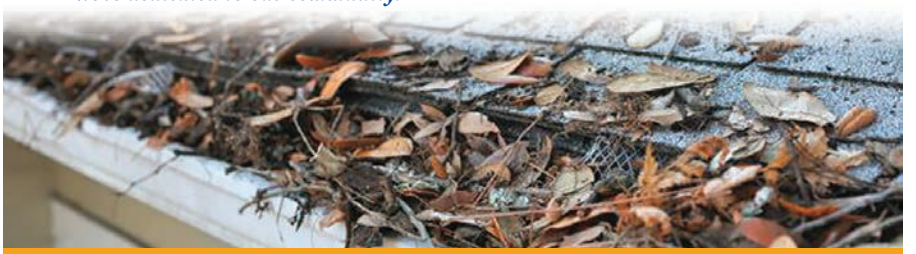
THIS WEEK IS FIRE PREVENTION WEEK. Before the wood burning seasons starts please have your chimney cleaned and serviced. Reduce your fire fuel zone by cutting back the vegetation and reducing the ladder fuels under your trees. Remove the buildup of needles and leaves from your roof and gutters. Just a friendly reminder from the ladies at Karen Miclette Insurance Agency. Call our office for a free quote for home, auto, motorcycle, boat, and RV.



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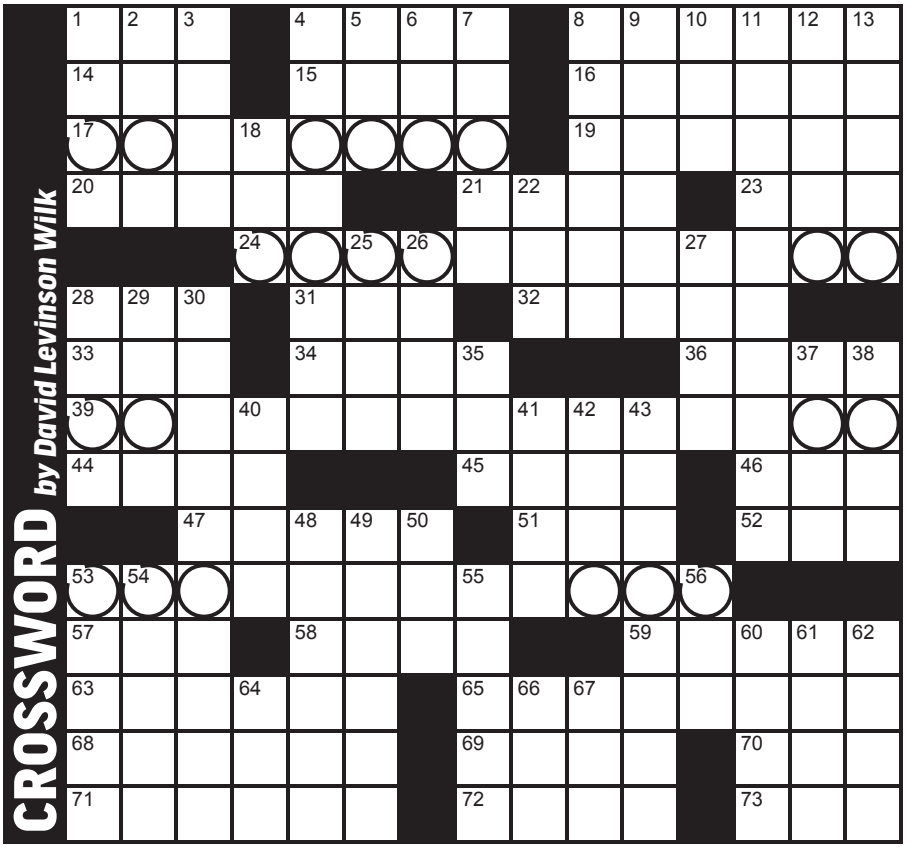

IN SEASON — *Answers in the next edition*

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ACROSS

1. Include in an e-mail without other recipients knowing
4. Enjoys Aspen
8. One of 11 pharaohs
14. Kid's interjection before "I'm telling!"
15. Marvin Gaye's "__ Get a Witness"
16. Nonpanicked assurance
17. Getting ready for a fight, say
19. Golfer's headache
20. Setting for much of the fiction of Nobel laureate Naguib Mahfouz
21. Rendezvous
23. Words before result or rule
24. Legal decision made by a court that is issued without an opinion
28. Cul-de-__
31. Org. supporting Common Core
32. Mark down anew
33. Pop star Rita __
34. Gershon of "Showgirls"
36. "I don't give __!"
39. Nursery rhyme character whose name precedes "Heigh-ho"
44. "Mamma Mia!" group
45. Boob
46. Frat letter
47. __ fours (crawling)
51. Company name ender
52. Prefix with smoking
53. Oenophile's vessel
57. Hyperbola part
58. Some stay-at-home parents
59. Office pool picks
63. Get back in business
65. At the right time for consumption (or a description of each of the groups of uncircled letters in 17-, 24-, 39- and 53-Across)
68. Somewhat
69. Letter opener?
70. Spanish gold
71. Declares emphatically
72. "At Last" singer James
73. Not very many

DOWN

1. Pear variety
2. "The hottest spot north of Havana," in a Barry Manilow song
3. Tea traditionally made with cardamom
4. Dumpster-dive, say
5. China's Chiang __-shek
6. Stopover
7. Frat letter
8. Steakhouse order
9. Bygone explosive
10. 1,400, to Caesar
11. Endive, e.g.
12. Beethoven dedicatee
13. Cosmetic problem
18. Monopoly quartet: Abbr.
22. Flub
25. Milwaukee schoolteacher who became Prime Minister of Israel
26. __-pedi
27. Way to go
28. __ bed
29. Many an Al Jazeera viewer
30. What the last two letters of 1-Across stand for
35. Raid target
37. Voice below soprano
38. Architectural starting point
40. Flowing hair
41. Mattress size
42. Help with an answer
43. "... you get the idea"
48. Venomous snakes
49. Simple shelter
50. TV screen choice, for short
53. Lennon/Ono holiday song "Happy Xmas (__ Over)"
54. "The Faerie Queene" woman
55. Private remark
56. Stephen of "The Crying Game"
60. Since
61. Greedy person's demand
62. It hits the ground silently
64. __ de deux
66. Circus safeguard
67. Gathered dust

LAST WEEK'S ANSWERS TO IMPAIRS

F	Y	I		P	M	S		M	R	T	I	B	B	S
D	O	T		E	A	T		C	O	R	S	A	G	E
A	G	E		D	R	E		M	A	I	L	S	I	N
	I	M	P	A	I	R	S	I	N	P	A	I	R	S
			A	L	O	N	E				M	L	L	E
W	A	S	P				M	E	S	S	I			
I	M	P	A	C	T	S	I	N	P	A	C	T	S	
N	B	A		R	O	E		Z	I	P		O	I	L
	I	M	P	A	R	T	S	I	N	P	A	R	T	S
			A	M	I	S	H				F	E	E	D
R	O	S	Y				U	V	U	L	A			
I	M	P	O	R	T	S	I	N	P	O	R	T	S	
O	N	A	L	E	R	T		E	T	H		O	K	S
T	I	T	A	N	I	A		C	H	A		L	Y	E
S	A	S	S	O	O	N		K	E	N		D	Y	E

HOME COUNTRY

By Slim Randles

BEFORE HERB COLLINS retired, he owned a pawn shop up in the city. A successful pawn shop. And one of the ways he likes to repay society for his good fortune is to speak to the fifth graders at our local elementary school during Career Week.

And that's why he was here again this year, attempting to springboard any number of ten-year-olds into the glories of buying low and selling high.

But this year there was a difference. Some of the kids were looking over at Jimmy Thomas and Elise Jamison and couldn't control their giggles. Jimmy and Elise, however, tried to look very sober and businesslike.

When Herb got close to the end of his time in front of the class, he asked, as he does each year, if there were any questions.

Jimmy and Elise raised their hands. Herb pointed to Elise.

"Mr. Collins," she said, "in these days of insecurity in the market place, how would the use of debentures stack up as an alternative to trade?"

Herb stammered. "Well, I'm not real sure about that, young lady. I'll have to get back to you on that."

He saw Jimmy's hand in the air. "Yes," he said, pointing at him.

"Mr. Collins," Jimmy said, "wouldn't the use of unsecured bonds be counterintuitive to the agreement we currently share with other members of the World Bank?"

"Uh ..."

Herb looked at his watch and excused himself to keep an appointment he didn't realize he had until he needed it.

The kids cracked up. So did the teacher. "Okay," she said, "good job you two.

How did you guys come to ask those questions?"

"Doc wrote 'em down for us," Jimmy said. ✦

Brought to you by Home Country *(the book), published by Rio Grande Press. www.riograndepress.com.*

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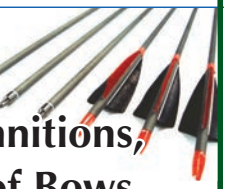

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